

TOP 5 ENERGY CLEARING PRACTICES

BREATHE IT OUT

As you exhale, imagine your body releasing all the negative, low-vibration energy that it's been holding on to.



WATERFALL

Visualize yourself slowly walking under a beautiful waterfall, that is cleansing the negative energy your body no longer needs and that isn't yours.



MAGNET

Imagine a magnet above your head that is slowly attracting and gathering all the negative energy your body has been holding on to.



BRUSH IT OFF

Imagine brushing the negative energy off your body, starting at your head, neck, shoulders, and moving all the way down to your feet.



ENTRYWAYS

Every time you walk in your front door, visualize that you are walking through a screen that is filtering out all the negative energy you are holding on to.

